

*POSTER POINTERS*  
Standard 1 ESSENTIALS Grade 6-8  
1CH-E 6 PO 1

EQUIPMENT: Poster and Bumper Sticker making supplies

SET-UP: Prepare a sample poster or bumper sticker

WARM UP: Briefly talk about personal health behaviors that reduce health problems (Not smoking, drinking or drugging!)

OBJECT OF THE ACTIVITY: Participants identify, learn and teach positive Pillar-Based behaviors that reduce health problems in adolescents

ACTIVITY GUIDELINES: Talk with participants about behaviors that create adolescent health problems (smoking, anorexic/bulimic behaviors, using alcohol or drugs, overt risk taking, not wearing a seatbelt, cutting, suicidal thoughts and/or behaviors etc.) Discuss ways in which they can create and send positive messages to their peers as well as younger children. Require participants to create a poster or bumper sticker or other Leader approved project that sends a positive personal health message. Encourage them to make it something interesting, accurate, and Pillar-Based. (E.G. A picture of the HULK wearing his seatbelt in the car – Tag line reads... Even the Hulk is RESPONSIBLE enough to wear a seatbelt!) Hang completed posters around the school. Have a contest to pick the favorite bumper sticker. Have the winner's sticker printed up! Sell bumper stickers. Donate money to American Cancer Society, American Heart Association, etc.

FOLLOW-UP: Use activity as a lead-in to discussions about the power we all have to increase the possibility of a long, healthy life.

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